



Greek Recipes

contributed by the Ladies Philoptochos Society
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NATIONAL PARK SERVICE

Sue Helzer



KARETHODITA

1 lb. shortening
1 3/4 cups sugar
3 1/4 cups flour
4 tsps. baking powder
3 1/2 cups walnuts, chopped coarsely
(reserve 1/2 cup for sprinkling on top
before baking)
12 eggs

Cream shortening and 1 3/4 cups sugar. Sift together flour, cinnamon and baking powder and add. Mix in nuts. Beat the 12 eggs until lemon colored. Add vanilla. Fold into batter. Pour into greased and floured 12 x 16 x 2" pan. Bake in a 350° oven for 40 to 50 minutes. Cut in squares or diamond shaped pieces.

While cake is baking, boil 4 cups sugar and water for 30 minutes or until string stage. Add lemon and honey. Pour cool syrup over top of warm cake.

WALNUT CAKE

1 tsp. vanilla
2 tsps. cinnamon
4 cups sugar
3 1/2 cups water
1 Tbsp. lemon juice
2 Tbsps. honey

KOTA AVGOLEMONO SOUPA

6 cups chicken broth (stock)
1/2 cup rice or orzo
3 eggs (room temperature)

Bring broth to a boil. Add salt and rice or orzo. Let simmer until rice or orzo is done (about 18 minutes). In a large bowl, whip eggs until thick and light in color. Add very slowly the lemon juice to the eggs. Then very slowly trickle in the hot broth, continue whipping until enough hot broth is added to heat the egg-lemon mixture. Then combine. Do not bring to a boil since soup might curdle. Serves 6-8 people.

EGG AND LEMON SOUP

1/4 cup lemon juice
Salt

FAHKI

1 cup lentils
1/2 cup chopped onions
1 cup chopped celery
1 carrot, chopped
1 clove garlic, minced
1/4 cup olive oil (corn or soy
may be used)

Sauté vegetables and garlic in the oil until limp. Add to lentils with 6 cups of water, bay leaf, tomato paste, parsley. Bring to a boil and simmer until lentils are tender. Add salt and pepper. Add vinegar before serving.

LENTIL SOUP

1 Tbsp. tomato paste
1 bay leaf
2 Tbsps. vinegar (wine
or apple)
Salt and pepper to taste
2 Tbsps. parsley

DOLMATHES AVGOLEMENO

STUFFED GRAPE LEAVES

1 lb. jar of grape leaves
(California grape leaves preferred)
1½ lbs. ground beef (or a mixture
of lamb and beef, if you prefer)
1 cup chopped onions
½ cup rice (uncooked)
1 Tbsp. crushed dry mint leaves
1 Tbsp. parsley

½ cup water
2 Tbsps. melted butter
4 cups warm water
2 tsps. salt and ¼ tsp.
pepper
Egg-lemon sauce (recipe
to follow - optional)

Combine onions, rice, mint, parsley, meat, butter, salt, pepper, and
½ cup water.

Rinse grape leaves to remove brine. Separate leaves carefully. Cut
off stem and place top side of leaf down with stem end towards you.
Place 1 tsp. to 1 Tbsp. of mixture at stem end. Fold over sides, then
roll the stem end away from you to form a small sealed package. Place
in pot with loose end down to prevent unwrapping. (First coat pot with
olive oil.) Place the dolmathes close together, packing very carefully.
snug but not tight. Carefully, pour the 4 cups of warm water over the
grape leaves. Place a heavy plate over the top of the dolmathes.

Cook over low heat for approximately 45 minutes, adding more water if
necessary while cooking. Shake pan gently during the cooking to prevent
sticking. Remove from heat when done.

BAKLAVA

1 lb. chopped walnuts
5 Tbsps. sugar
1 Tbsp. cinnamon
1 lb. phylo
1 lb. butter, clarified

3 cups sugar
3½ cups water
Lemon slice
Cinnamon stick
1 cup honey

To clarify butter, melt it over low heat. Skim foam. Use only the
clear butter fat at the top, leaving the sediment.

Mix the nuts with the 5 Tbsps. sugar and 1 Tbsp. cinnamon. Using
a pastry brush, butter a 12 x 18 x 2 inch baking pan. Arrange
1 sheet of phylo in pan. Brush lightly with melted butter. Continue
laying one sheet on top of the other, buttering each sheet until
you have 10 sheets. Sprinkle about ½ cup of nuts over the last
sheet. Then place three more sheets, buttering each sheet. After
the third sheet, add another ½ cup of nuts. Another three layers
and more nuts. When you have 8 to 10 sheets of phylo left, sprinkle
the rest of the nuts and finish the top layer with the remaining
8 to 10 sheets, buttering each sheet. After the last sheet, with a
sharp knife cut the baklava into 50 to 70 diamond-shaped pieces.
Cut all the way to the bottom layer. Put pan into refrigerator for
at least 1 hour. Remove from refrigerator and bake at 350° for
30 minutes, then lower temperature to 275° for 1 hour.

Combine 3 cups sugar, water, lemon slice, cinnamon stick and honey
and bring to boil. Simmer for 20 minutes. Let cool and pour over
hot baklava. 2½ cups of honey may be used in lieu of syrup.

STEPHATHO

2 lbs. lean beef in 2" cubes
2 lbs. small onions (canned onions
work well)
3 bay leaves
Pinch rosemary
 $\frac{1}{2}$ can tomato paste
 $\frac{1}{2}$ cup vinegar (either wine
or cider)

Brown beef in heavy pan with a very small amount of oil. Add tomato paste, vinegar, oil, garlic, salt, pepper, and enough water to cover. Bring to boil, cover and simmer for one hour or until meat is tender. After cooling for $\frac{1}{2}$ hour, add spice bag and onions (whole) and simmer an additional 20 minutes. Remove spice bag and discard. Yield: 6 to 8 servings.

SPICY BRAISED BEEF

$\frac{1}{4}$ cup oil
2 cloves garlic, minced
Salt and pepper
1 Tbsp. whole pickling
spice tied in a cloth

TO SERVE WITH EGG-LEMON SAUCE, MAKE AS FOLLOWS:

Beat 3 eggs until thick, add juice of 2 lemons. Beat well. Carefully drain the hot liquid from the dolmathes and some of the hot liquid from the pot very slowly into egg-lemon mixture. Then pour back over the grape rolls. Shake pan gently to distribute sauce. Makes about sixty rolls.

TIROPITA

1 lb. feta cheese, crumbled or
cut into $\frac{1}{2}$ " cubes
1 lb. cottage cheese
4 oz. cream cheese
 $\frac{1}{4}$ cup grated cheese (Romano, Parmesan)

*CHEESE SOUFFLÉ
IN PHYLO CRUST*

6 eggs
1 lb. butter, melted
 $\frac{1}{2}$ lb. phylo

Blend thoroughly cream cheese, cottage cheese and grated cheese. Beat eggs until thick. Add to cheese mixture until blended. Fold in feta. Lightly butter a 12 x 18 x 2 inch pan. Line pan with one sheet at a time buttering each sheet, building up sides, using $\frac{1}{2}$ of the phylo. Pour in cheese mixture. Top with remaining sheets buttering each sheet lightly. Fold over the bottom sheets which you have allowed to build up over the top sheets. This will seal in the cheese mixture. Use pastry brush and butter to seal together. Bake in a 350° oven for about 30-45 minutes or until crust is golden brown. Cover for 30 minutes before cutting. (Continued on next page)

TIROPITA (continued)

You can also make individual cheese roll-ups or triangles as follows using the same cheese mixture:

Take one sheet of phylo, brush lightly with butter, fold in half to make one long strip, butter, and add one slightly heaping tablespoon of cheese mixture one inch from the end nearest you. To make the roll-ups, fold over the end to cover the mixture. Then fold the sides over to meet half way. Butter lightly, continue to roll until you finish. Place with edge down on baking sheet.

To make triangles, instead of bringing end straight over mixture, take one corner of phylo and bring over to form a triangle. Continue in this fashion until the end. As before, place with loose end down. You may freeze for future use or bake immediately.

Cut eggplant into $\frac{1}{2}$ inch slices. Sprinkle each side with salt to remove bitterness. Set aside. Brown onions in oil until transparent, add meat and brown well until dry. Add tomato sauce, parsley, mint, salt, pepper, and allspice. Simmer until moisture has been absorbed. Rinse salt from the eggplant with cold water. Dry eggplant with paper towels, then brush with oil and bake at 500°. When brown, flip eggplants over and bake other side. Place one layer of eggplant in bottom of a 12 x 18 x 2" greased pan. Cover with meat, then another layer of eggplant.

Melt butter in heavy pan. Add flour gradually, stirring until flour browns. Add milk, slowly, stirring constantly until it thickens. Remove from fire. Add some of the milk mixture into eggs very slowly, beating constantly. Then add eggs to the hot milk, mixing to blend. Stir in cheese. Spread sauce over top of eggplant. Bake at 350°. Stir in for 30 to 45 minutes or until top browns.

Cool for 30 minutes before cutting into 3 to 4 inch squares.

CREAM SAUCE

½ lb. butter or margarine
10 Tbsps. flour
5 cups hot milk

4 eggs (well beaten)
1 cup grated cheese
(Romano or Parmesan)

Melt butter in heavy pan. Add flour 1 tablespoon at a time stirring until slightly brown. Add hot milk to flour-butter mixture. Continue to stir until mixture thickens. Remove from fire. Trickle very slowly some of the cream mixture into eggs. Continue to mix to prevent curdling. Add cheese. Layer the cream sauce over macaroni. Bake in a 350° oven for 45 minutes or until brown. Remove from oven, cool for 30 minutes. Then cut into desired serving pieces.

MOUSSAKA

6 lbs. (approximately) eggplants
1 cup chopped onions
2 lbs. ground meat (round preferred)
¼ cup parsley (dried or fresh)
1 Tbsp. mint (dried or fresh)
Salt and pepper to taste
1 cup tomato sauce (or 1 cup water
with ½ cup tomato paste)

EGGPLANT AND MEAT COVERED WITH A CHEESE SAUCE

1 tsp. allspice, ground
½ cup butter or margarine
(or ½ and ½ of each)
8 Tbsps. flour
4 cups hot milk
4 eggs, well beaten
1 cup grated cheese (Romano)

SPANOKOPITA

6 eggs
4 packages (10 oz. each)
chopped frozen spinach
2 bunches spring onions
(or 1 cup chopped onions)
1 lb. feta cheese, cubed in
½" pieces
1 lb. cottage cheese
1 lb. butter or margarine

SPINACH PIE

1 Tbsp. dry dill weed
(Fresh dill preferred.
Use ¼ cup)
1 Tbsp. dry parsley
(Fresh parsley preferred.
Use ¼ cup)
Pepper to taste
½ lb. phyllo
1 baking pan 12 x 18 x 2"

Defrost spinach and drain well. Sauté onions in 2 Tbsps. of butter or margarine until limp and transparent. Add chopped spinach. Cook until visible moisture is gone. Remove from heat and add cheeses, dill, parsley, pepper. Mix. Beat eggs until frothy and add to spinach mixture. Mix well. Grease baking pan with butter or margarine. Place ½ of phyllo on bottom of pan, sheet by sheet, brushing each sheet with melted butter. Pour spinach mixture evenly and cover with remaining ½ of phyllo. Brush each sheet with melted butter. Take a sharp knife or razor and cut through top sheets into desired serving squares. Bake in a 350° oven for one hour or until brown. Remove and let cool for 30 minutes. Before serving, cut through each piece and serve.

Tasty either hot or cold.

CHICKEN KAPAMA

1 stewing chicken (3 to 4 lbs.)
 ¼ cup lemon juice
 1 can tomato paste
 3 cans water
 ½ tsp. cinnamon

STEWED CHICKEN

1 tsp. salt
 ¼ tsp. pepper
 1 onion, chopped
 (about ½ to ¾ cups)

Cut chicken into serving pieces. Place in bowl, pour over lemon juice and let marinate overnight in refrigerator. Heat skillet with butter or margarine. Drain chicken, dust with flour and brown in skillet. Remove chicken to pot or Dutch oven. Add chopped onion to skillet and brown well. Then add tomato paste diluted with 3 cans of water to skillet along with cinnamon, salt and pepper; stir. Bring to a boil. Pour over chicken. Simmer until done (about one hour).

Cook rice or pasta as directed on the box. Serve pieces of chicken with rice or pasta. Top with grated cheese.

VARIATIONS:

You can also substitute lamb shanks or lamb shoulder cut into 3 inch pieces, for the chicken.

Also, try adding ½ cup of dry white wine to the pot about 10 minutes before removing from the fire.

PASTICHIO

1 lb. macaroni (elbow or long pieces)
 2 lbs. ground beef
 1 cup chopped onion
 ¼ lb. butter or margarine
 1 tsp. allspice, ground
 ½ can tomato paste (6 oz. can)

MACARONI WITH MEAT, CREAM SAUCE AND CHEESE

½ cup water
 2 cups grated cheese
 (Romano)
 Salt and pepper
 Cream sauce (recipe to follow)
 1 baking pan (12 x 18 x 2")

Brown onions in 4 Tbsps. butter. Add meat and brown until dry. Mix together water, tomato paste, allspice, salt and pepper. Add to meat and simmer until liquid is absorbed. While browning meat, cook macaroni as directed on package. Drain in colander. Melt ¼ lb. butter in pan used to boil macaroni. Add macaroni and mix to coat. Add 1 cup cheese; mix together. Grease baking pan. Pour ½ of macaroni in pan. Add meat, spreading over evenly. Add remaining ½ of macaroni. Cover with sauce. (See page 8.)

CHICKEN ALA GLEKAS

2½ lb. split fryer	1 tbsp. salt
Juice of ½ lemon	1 tsp. pepper
½ cup Wesson oil	1 tbsp. oregano

Rinse and clean chicken; dry with paper towels. Mix salt, pepper and oregano together. Rub seasoning mixture on both sides of chicken. Place chicken in roasting pan with the skin up. Sprinkle the oil and lemon juice on top of chicken. Bake at 400 for 25 minutes or until golden brown. Turn chicken on the other side, add ½ cup water and continue baking at 400 for another 15-20 minutes. Serve hot.

KOURABIEDES

1 lb. sweet butter	1 jigger whiskey
1/8 cup sugar	5 cups sifted flour
1 whole egg	whole cloves (optional)
1 egg yolk	Confectioners' sugar

Beat butter and sugar until creamy, about 15 min. Add eggs & whiskey beating until well-blended. Remove from beater. Gradually add sifted flour, and knead to make a soft dough. Pinch off pieces of dough and roll into walnut shaped balls. Flatten top slightly. Insert a clove in center. Bake in ungreased cookie sheet at 350 for 20-25 minutes. While still hot, carefully place on a flat surface which has been sprinkled with confectioners' sugar. With a sieve, sprinkle confectioners' sugar on top of cookies. Cool. Makes about 5 dozen.

TIROPITA (CHEESE PIE)

1 lb. Feta cheese crumbled	½ lb. melted butter
½ lb. Ricotta cheese	18 sheets filo
4 or 5 eggs, beaten	

Beat eggs, add cheeses and 3 tablespoons of melted butter. Continue beating until well blended. Brush a 9"x13" pan with butter. Lay 9 sheets of filo into pan, brushing the top of each sheet with butter. Add cheese mixture and spread even. Place remaining 9 sheets of filo on top of mixture, again brushing the top of each sheet with butter. Tuck all edges. Score top layer into desired portions. Bake at 350 for 40 minutes or until golden brown. Cut through scored portions and serve.

KOULOURAKIA

4 cups sifted flour	3 eggs
1 tbsp. + 1 tsp. baking powder	1 cup sugar
2 sticks butter or margarine	1 tsp. vanilla

Mix flour and baking powder. Cut in butter until mixture looks like cornmeal. Beat eggs, sugar and vanilla well. Combine the two mixtures. Mix thoroughly. (if dough is too soft, add small amount of flour. If dough is too dry, add small amount of milk.) Take a ball of dough, about 1" in diameter. Roll by hand into a rope. Twist in the center like a braid. Place on greased baking sheet. Brush with beaten egg and sprinkle with sesame seeds. Bake at 375 for 15-20 min.

BAKLAVA

2 lbs. chopped walnuts	1 lb. butter melted
1 tbsp. cinnamon	20 sheets filo (1 pound)
$\frac{1}{4}$ tsp. nutmeg	cloves (optional)
$\frac{1}{2}$ cup sugar	

Mix nuts, cinnamon, nutmeg, and sugar. Spread melted butter on bottom of 10"x15" pan. Layer 10 sheets filo in pan, brushing each with melted butter. Spread nut mixture evenly, overlapping filo onto nut mixture. Layer remaining 10 sheets of filo on top, also brushing each layer with melted butter. Trim to 1" overlap, if necessary. Tuck in edges carefully. Brush top generously with melted butter. Score top sheets into servings. Insert whole clove in center of each piece. Bake at 350 for 45 minutes. Remove from oven. Let set for 10 minutes

before pouring syrup over baklava. The syrup should be at room temperature.

SYRUP

Boil 1 cup sugar with $2\frac{1}{2}$ cups water for 10 minutes. Add $\frac{1}{4}$ cup honey, 3 whole cloves, the juice of a 1" wedge of lemon, $\frac{1}{2}$ stick cinnamon. Boil 10 minutes. Strain and cool.

SHISHKEBOB

2 lbs. pork tenderloin or leg of lamb, cubed
Juice of 2 lemons
3 tbsp. oregano
 $\frac{1}{2}$ cup dry red wine
4 cloves garlic, pressed or hammered
salt & pepper to taste

Mix all ingredients, cover and marinate in refrigerator for 6 hours or overnight. Alternate meat with onion, cherry tomatoes and pieces of green pepper on oiled skewers. Bake at 350 for 1 hour or broil 6 inches below heat until meat is cooked through. Turn occasionally to maintain even color, and baste with marinate.

MEAT BALLS

1 lb. ground beef	2 eggs
1 med. onion, chopped	2 slices moistened bread
2 sm. cloves pressed garlic	$\frac{1}{8}$ cup water
1 tbsp. chopped parsley	salt & pepper to taste
1 tbsp. chopped mint	oil for frying

Mix all ingredients thoroughly. Shape in balls. Roll in flour and fry until evenly browned. May be served plain or in sauce.

SAUCE - Bring 2 cups tomato sauce, 1 cup water and 2 bay leaves to a boil. Add meat balls and pan drippings; lower heat and simmer until sauce thickens. About 45 minutes.

MOUSAKA

3 lg. eggplants, sliced $\frac{1}{2}$ "	1 tbsp. allspice
$\frac{1}{2}$ cup Wesson oil	$\frac{1}{2}$ tsp. cinnamon
1 lg. chopped onion	2 tsp. salt
1 stick butter	1 tsp. pepper
2 lbs. ground beef	Bread crumbs
2 tbsp. tomato paste	$\frac{1}{2}$ lb. grated Romano cheese

Soak eggplant in bowl of salt water for 15 min. Rinse and dry with paper towels. Bake at 375 for 20 min. or until golden brown. Remove and set aside.

Saute onion in one stick of butter, add meat and brown well. Add tomato paste and seasonings. Simmer until thickened. Set aside.

Butter a 10"x15" pan, sprinkle bread crumbs and cheese. Arrange $\frac{1}{2}$ of eggplant, sprinkle bread crumbs and cheese. Spread meat mixture, again sprinkling bread crumbs and cheese. Top with remaining $\frac{1}{2}$ of eggplant, sprinkle bread crumbs and cheese.

Spread Crema Sauce over top; sprinkle cheese and bake at 350 for 35 min. or until golden brown. Serve warm.

CREMA SAUCE

5 cups milk

1 cup milk mixed with 5 tbsp. cornstarch and 2 tbsp. butter

5 eggs beaten

Simmer 5 cups milk slowly stirring constantly. Just before milk comes to a boil, add the milk cornstarch mixture. As milk begins to thicken, add beaten eggs slowly stirring constantly. When thickened remove from heat.

DOLMATHES

1 jar vine leaves	2 tbsp. chopped parsley
1 lb. ground beef	salt and pepper to taste
1 med. onion	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup Uncle Ben's rice	3 eggs
2 tbsp. chopped mint	juice of 2 lemons

Boil vine leaves for 10 min. Remove and let stand in pan while dolmathes are being prepared.

Combine beef, onion, rice, mint, parsley, salt, pepper & water. Be sure mixture is soft and loose. More water may be added.

Place 1 tsp. filling in center of a vine leaf. Fold in top and sides and roll. Arrange in a dutch oven seam down. Continue making rolls until all meat has been

used. Pour enough water in dutch oven to barely cover dolmathes. Place an inverted plate on top of dolmathes to keep them from coming apart, cover, bring to a boil, lower heat and simmer for 1 hr. Remove from heat, remove plate and recover.

Beat eggs until fluffy; add lemon juice slowly and blend well. With a laddle, gradually add hot broth from the dolmathes, a little at a time beating constantly until eggs are lukewarm. Pour egg sauce slowly over dolmathes. Shake dutch oven to spread sauce evenly. Serve.

SPANAKOPITA (SPINACH PIE)

4 lbs. frozen chopped spinach $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ cup olive oil 6 eggs, beaten
3 bunches chopped spring onions 1 lb. crumbled Feta cheese
4 tbsp. chopped dill $\frac{1}{2}$ lb. butter
1 tbsp. salt 18 sheets filo

Thaw spinach; squeeze excess liquid. Saute onions in $\frac{1}{2}$ cup oil, add spinach, dill, salt & pepper and saute together 5 minutes. Remove from heat. In a large bowl beat eggs, add sauteed spinach mixture and crumbled Feta cheese. Mix thoroughly.

Butter a 10"x15" pan. Arrange 9 sheets of filo brushing the top of each sheet with melted butter. Spread

spinach mixture evenly on top of filo. Place remaining 9 sheets of filo on top of spinach, again brushing the top of each sheet with melted butter. Tuck all edges. Brush top layer generously with butter. Score in portions. Bake at preheated oven at 350 for 45 minutes. Cut through scored portions and serve.

PASTICHIO

2 lbs. ground beef 1 tbsp. allspice
1 lg. onion 1 lb. #4 macaroni
2 sticks butter salt & pepper to taste
2 tbsp. tomato paste $\frac{3}{4}$ lb. grated Romano cheese

Saute onion in one stick of butter, add meat and brown well. Add tomato paste, allspice, salt & pepper. Simmer until thickened, about 20 min. Set aside.

Prepare Crema Sauce and set aside.

Boil macaroni according to package directions (do not overcook), drain and proceed with next step.

Mix macaroni with $\frac{1}{2}$ lb. of grated cheese, 1 stick melted butter and 1 cup crema sauce. Butter a 10"x15" pan and put $\frac{1}{2}$ of macaroni in it. Sprinkle cheese. Spread meat mixture over first layer of macaroni. Sprinkle cheese. Add remaining $\frac{1}{2}$ of macaroni and sprinkle cheese. Pour remaining crema over top layer of macaroni. Bake at 350 for 45 min. Cut in portions and serve.

CREMA SAUCE - 5 cups milk; 1 cup milk mixed with 5 tbsp. cornstarch & 2 tbsp. melted butter; 5 beaten eggs.

Simmer 5 cups milk stirring constantly. Just before milk comes to a boil, add milk-cornstarch-butter mixture. As milk thickens, add beaten eggs slowly stirring constantly. When thick remove from heat.

KARIDOPITA

1 cup Mazola oil	1½ tsp. cinnamon
1½ cups sugar	½ tsp. cloves
3 eggs	1 cup sour milk or 1 cup milk
2 cups flour	with 1 tbsp. vinegar
2 tsp. baking powder	1½ cups chopped walnuts
1 tsp. baking soda	

Place in bowl oil, sugar and eggs and beat for 10 min. Mix dry ingredients. Add dry ingredients and milk to egg mixture. Beat all together for 10 more minutes. Add walnuts and mix well. Grease a 9"x13" pan. Bake at 350 for 35-40 minutes. Let cake cool for 5 min. Drizzle room temperature syrup over cake. After completely cooled, cut into triangular shapes and serve.

SYRUP

1½ cup sugar
1 cup water
slice of lemon

Boil all ingredients and simmer for about 20 min. Let syrup cool to room temperature.

MELOMACARONA

1½ cups vegetable oil	1 tsp. baking soda
½ cup melted butter	¼ tsp. baking powder
½ cup sugar	¼ tsp. ground cloves
½ cup orange juice	5 to 5½ cups flour
1 tbsp. cognac	ground walnuts
1½ tsp. cinnamon	

Beat together oil, butter, sugar, orange juice and cognac until well blended. Sift together dry ingredients, add them to butter mixture. Knead slightly to form a dough of medium consistency.

Flatten a piece of dough in palm of hand to shape into a 2"x1" oval. Place on ungreased cookie sheets and make a design crosswise with the tines of fork. Bake at 350 for 15-20 minutes. Cool. Dip in simmering syrup, a few at a time for 2 to 3 minutes. Sprinkle with chopped nuts. Dry on rack.

SYRUP

Combine 1 cup sugar, 1 cup water and a slice of lemon. Simmer for 15 minutes. Add 1 cup of honey and simmer 5 more minutes.